



For information call:
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Location:
 San Antonio Force Volleyball Club
 7218 SH-1604 Loop E,
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**TKO QUALIFIER RATED
 8 GRANDS AWARDED TO:**

\$100 BLACK BELT FORMS
 \$200 BLACKBELT MEN SPARRING
 \$200 BLACKBELT WOMEN SPARRING

JUNIOR GRANDS FORMS
 JR BLACK TRADITIONAL FORMS
 JR BLACK CREATIVE FORMS
 UNDERBELT ADVANCE
 UNDERBELT INTERMEDIATE
 UNDERBELT BEGINNER
 ADULT UNDERBELT

Demonstration Division! EVERYONE'S A WINNER!
 Do any Form, Creative Forms, Weapons with or without music
 And Receive a medal!!! (Just enter D-1 as an additional event)

We invite you to participate in the TKO/TNT League State and WKL World Grand Finals Qualifier! The event schedule is as follows: doors open at 8am, Stick Combat begins at 8:30 am, the D-1 Demo starts at 9am, and the tournament commences at 9:30 am. As a TKO State and WKL World Qualifier, this event is open to martial artists of all skill levels. To register, please visit Myimartial.com. Take advantage of Early Bird savings by registering two weeks prior to the tournament, with Pre-Registration concluding the Wednesday before the event at midnight. Online registration will remain available until the day of the event. For rules, information, and further details, please visit TKOLeague.com (Sport Karate) and TNTGrappling.com (Grappling/Sport MMA).

REGISTRATION FEE INFORMATION

Register Early \$ Save Money \$	Early Bird Registrations Ends Friday 2 week before Event	Pre-Registration Ends Wednesday before Event	Registration After Wednesday before Event
Entry Fee – 1	\$50	\$60	\$70
Additional Events	\$25 x ____	\$30 x ____	\$35 x ____
Spectator Pass (General Admission)	\$15 x ____	\$20 x ____	\$20 x ____
VIP Floor Pass (General Admission and Ringside)	\$25 x ____	\$35 x ____	\$50 x ____
	TOTAL =	TOTAL =	TOTAL =

TKO Divisions

Start time 8:30 am Stick Combat
9 am—Demo Divisions
9:30 am Tournament begins! No limit in division entered!

- D-1 DEMO—Everyone is a Winner! Trophy Awarded
- H-1 HANDICAPABLE FORMS
- H-2 HANDICAPABLE WEAPONS
- D-T TEAM DEMO—open team forms (2+ Members)

Team Kata— Synchronize Form (2-3 members)

- TK-1 Team Kata (2-3 members) * Junior Beginner * M/F
- TK-2 Team Kata (2-3 members) * Junior Intermediate * M/F
- TK-3 Team Kata (2-3 members) * Junior Adv / Black * M/F
- TK-4 Team Kata (2-3 members) * Adult All Ranks * M/F

SELF DEFENSE - Single or Multi Attacker

- SD-1 Self Defense * <= 17 * Beg / Intr * M/F
- SD-2 Self Defense * <= 17 * Advanced * M/F
- SD-3 Self Defense * <= 17 * Black * M/F
- SD-4 Self Defense * 18+ * Underbelt * M/F
- SD-5 Self Defense * 18+ * Black * M/F

TRADITIONAL WEAPONS - (HARD/SOFT)

- TW-01 Trad Weap Beg 11 under M F
- TW-02 Trad Weap Int 11 under M F
- TW-03 Trad Weap Adv 11 under M F
- TW-04 Trad Weap Blk 11 under M F
- TW-05 Trad Weap Beg 12 to 13 M F
- TW-06 Trad Weap Int 12 to 13 M F
- TW-07 Trad Weap Adv 12 to 13 M F
- TW-08 Trad Weap Blk 12 to 13 M F
- TW-09 Trad Weap Beg 14 to 15 M F
- TW-10 Trad Weap Int 14 to 15 M F
- TW-11 Trad Weap Adv 14 to 15 M F
- TW-12 Trad Weap Blk 14 to 15 M F
- TW-13 Trad Weap Beg 16 to 17 M F
- TW-14 Trad Weap Int 16 to 17 M F
- TW-15 Trad Weap Adv 16 to 17 M F
- TW-16 Trad Weap Blk 16 to 17 M F
- TW-17 Trad Weap Beg Int Adv 18 Plus M F

KUNG FU / CHINESE FORMS (SOFT)

- KC-01 Kung Fu Chinese beg Int 11 under M F
- KC-02 Kung Fu Chinese Adv Blk 11 under M F
- KC-03 Kung Fu Chinese beg Int 12 to 13 M F
- KC-04 Kung Fu Chinese Adv Blk 12 to 13 M F
- KC-05 Kung Fu Chinese beg Int 14 to 15 M F
- KC-06 Kung Fu Chinese Adv Blk 14 to 15 M F
- KC-07 Kung Fu Chinese beg Int 16 to 17 M F
- KC-08 Kung Fu Chinese Adv Blk 16 to 17 M F
- KC-09 Kung Fu Chinese beg Int Adv 18 Plus M F

KEMPO FORMS

- KP-01 Forms Kenpo beg Int 11 under M F
- KP-02 Forms Kenpo Adv Blk 11 under M F
- KP-03 Forms Kenpo beg Int 12 to 13 M F
- KP-04 Forms Kenpo Adv Blk 12 to 13 M F
- KP-05 Forms Kenpo beg Int 14 to 15 M F
- KP-06 Forms Kenpo Adv Blk 14 to 15 M F
- KP-07 Forms Kenpo beg Int 16 to 17 M F
- KP-08 Forms Kenpo Adv Blk 16 to 17 M F
- KP-09 Forms Kenpo beg Int Adv 18 Plus M F

WEAPONS - CREATIVE /EXTREME (HARD/SOFT)

With or Without Music

- WC-01 Creative Weap Beg 7 under M F
- WC-02 Creative Weap Int 7 under M F
- WC-03 Creative Weap Adv 7 under M F
- WC-04 Creative Weap Blk 7 under M F
- WC-05 Creative Weap Beg 8 to 9 M F
- WC-06 Creative Weap Adv 8 to 9 M F
- WC-07 Creative Weap Int 8 to 9 M F
- WC-08 Creative Weap Blk 8 to 9 M F
- WC-09 Creative Weap Beg 10 to 11 M F
- WC-10 Creative Weap Int 10 to 11 M F
- WC-11 Creative Weap Adv 10 to 11 M F
- WC-12 Creative Weap Blk 10 to 11 M F
- WC-13 Creative Weap Beg 12 to 13 M F
- WC-14 Creative Weap Int 12 to 13 M F
- WC-15 Creative Weap Adv 12 to 13 M F
- WC-16 Creative Weap Blk 12 to 13 M F
- WC-17 Creative Weap Beg 14 to 15 M F
- WC-18 Creative Weap Int 14 to 15 M F
- WC-19 Creative Weap Adv 14 to 15 M F
- WC-20 Creative Weap Blk 14 to 15 M F
- WC-21 Creative Weap Beg 16 to 17 M F
- WC-22 Creative Weap Int 16 to 17 M F
- WC-23 Creative Weap Adv 16 to 17 M F
- WC-24 Creative Weap Blk 16 to 17 M F
- WC-25 Creative Weap Beg Int Adv 18 Plus M F
- WC-26 Creative Weap Beg Int Adv 35 Plus M F

CREATIVE FORMS—With or Without Music

- CF-01 Forms Creative All ranks 5 & under M F
- CF-02 Forms Creative Beg 6 to 7 M F
- CF-03 Forms Creative Int 6 to 7 M F
- CF-04 Forms Creative Adv 6 to 7 M F
- CF-05 Forms Creative Black 7 under M F
- CF-06 Forms Creative Beg 8 to 9 M F
- CF-07 Forms Creative Int 8 to 9 M F
- CF-08 Forms Creative Adv 8 to 9 M F
- CF-09 Forms Creative Blk 8 to 9 M F
- CF-10 Forms Creative Beg 10 to 11 M F
- CF-11 Forms Creative Int 10 to 11 M F
- CF-12 Forms Creative Adv 10 to 11 M F
- CF-13 Forms Creative Blk 10 to 11 M F

- CF-14 Forms Creative Beg 12 to 13 M F
- CF-15 Forms Creative Int 12 to 13 M F
- CF-16 Forms Creative Adv 12 to 13 M F
- CF-17 Forms Creative Blk 12 to 13 M F
- CF-18 Forms Creative Beg 14 to 15 M F
- CF-19 Forms Creative Int 14 to 15 M F
- CF-20 Forms Creative Adv 14 to 15 M F
- CF-21 Forms Creative Blk 14 to 15 M F
- CF-22 Forms Creative Beg 16 to 17 M F
- CF-23 Forms Creative Int 16 to 17 M F
- CF-24 Forms Creative Adv 16 to 17 M F
- CF-25 Forms Creative Blk 16 to 17 M F
- CF-26 Forms Creat beg Int Adv 18 Plus M F
- CF-27 Forms Creat beg Int Adv 35 Plus M F

FORMS (Traditional Forms only)

If more than 12 we will divide to Boys and Girls

- UF-1 TR Forms - Traditional * <= 5 * All Ranks * M/F
- UF-2 TR Forms - Traditional * 6-7 * Beginner * M/F
- UF-3 TR Forms - Traditional * 6-7 * Intermediate * M/F
- UF-4 TR Forms - Traditional * 6-7 * Adv / Black * M/F
- UF-5 TR Forms - Traditional * 8-9 * Beginner * M/F
- UF-6 TR Forms - Traditional * 8-9 * Intermediate * M/F
- UF-7 TR Forms - Traditional * 8-9 * Adv / Black * M/F
- UF-8 TR Forms - Traditional * 10-11 * Beginner * M/F
- UF-9 TR Forms - Traditional * 10-11 * Intermed. * M/F
- UF-10 TR Forms - Traditional * 10-11 * Advanced * M/F
- UF-11J TR Forms - Trad. Japanese * 10-11 * Black * M/F
- UF-11K TR Forms - Trad. Korean * 10-11 * Black * M/F
- UF-12 TR Forms - Traditional * 12-13 * Beginner * M/F
- UF-13 TR Forms - Trad. * 12-13 * Intermediate * M/F
- UF-14 TR Forms - Traditional * 12-13 * Advanced * M/F
- UF-15J TR Forms - Trad. Japanese * 12-13 * Black * M/F
- UF-15K TR Forms - Trad. Korean * 12-13 * Black * M/F
- UF-16 TR Forms - Traditional * 14-15 * Beginner * M/F
- UF-17 TR Forms - Trad. * 14-15 * Intermediate * M/F
- UF-18 TR Forms - Traditional * 14-15 * Advanced * M/F
- UF-19J TR Forms - Trad. Japanese * 14-15 * Black * M/F
- UF-19K TR Forms - Trad. Korean * 14-15 * Black * M/F
- UF-20 TR Forms - Traditional * 16-17 * Beginner * M/F
- UF-21 TR Forms - Trad. * 16-17 * Intermediate * M/F
- UF-22 TR Forms - Traditional * 16-17 * Advanced * M/F
- UF-23J TR Forms - Trad. Japanese * 16-17 * Black * M/F
- UF-23K TR Forms - Trad. Japanese * 16-17 * Black * M/F
- UF-24 TR Forms - Traditional * 18+ * Beginner * M/F
- UF-25 TR Forms - Trad. * 18+ * Intermediate * M/F
- UF-26 TR Forms - Traditional * 18+ * Advanced * M/F
- UF-27 TR Forms - Traditional * 35+ * Beginner * M/F
- UF-28 TR Forms - Traditional * 35+ * Intr / Adv * M/F

OPEN WEIGHT/RANK SPARRING

- SO-01 Open Rank Spar 7 to 9 M
- SO-02 Open Rank Spar 7 to 9 F
- SO-03 Open Rank Spar 10 to 12 M
- SO-04 Open Rank Spar 10 to 12 F
- SO-05 Open Rank Spar 13 to 15 M
- SO-06 Open Rank Spar 13 to 15 F
- SO-07 Open Rank Spar 16 to 17 M
- SO-08 Open Rank Spar 16 to 17 F
- SO-09 Open Rank Spar 18 Plus M
- SO-10 Open Rank Spar 18 Plus F

TAG SPARRING

- TAG-1 Jr Tag Sparring 7 & under All ranks M F
- TAG-2 Jr. Tag Sparring - Point 8 to 9 M F
- TAG-3 Jr. Tag Sparring - Point 10 to 13 M
- TAG-4 Jr. Tag Sparring - Point 10 to 13 F
- TAG-5 Jr. Tag Sparring - Point 14 to 17 M
- TAG-6 Jr. Tag Sparring - Point 14 to 17 F
- TAG-7 Tagt Sparring 18+ Black M
- TAG-8 Tag Sparring 18+ Black F

YOUTH SPARRING

- US-1 PT Sparring - Point * <= 5 * All Ranks * Male
- US-2 PT Sparring - Point * <= 5 * All Ranks * Female
- US-3 PT Sparring - Point * 6-7 * Beginner * Male
- US-4 PT Sparring - Point * 6-7 * Intermediate * Male
- US-5 PT Sparring - Point * 6-7 * Adv / Black * Male
- US-6 PT Sparring - Point * 6-7 * Female * Beginner
- US-7 PT Sparring - Point * 6-7 * Female * Intermediate
- US-8 PT Sparring - Point * 6-7 * Female * Adv / Black
- US-9 PT Sparring - Point * 8-9 * Male * Beginner
- US-10 PT Sparring - Point * 8-9 * Male * Intermediate
- US-11 PT Sparring - Point * 8-9 * Male * Advanced
- US-12 PT Sparring - Point * 8-9 * Male * Black
- US-13 PT Sparring - Point * 8-9 * Female * Beginner
- US-14 PT Sparring - Point * 8-9 * Female * Intermediate
- US-15 PT Sparring - Point * 8-9 * Female * Advanced
- US-16 PT Sparring - Point * 8-9 * Female * Black
- US-17 PT Sparring - Point * 10-11 * Male * Beginner
- US-18 PT Sparring - Point * 10-11 * Male * Intermediate
- US-19 PT Sparring - Point * 10-11 * Male * Advanced
- US-20 PT Sparring - Point * 10-11 * Male * Black
- US-21 PT Sparring - Point * 10-11 * Female * Beginner
- US-22 PT Sparring - Point * 10-11 * Female * Intermed
- US-23 PT Sparring - Point * 10-11 * Female * Advanced
- US-24 PT Sparring - Point * 10-11 * Female * Black

- US-25 PT Sparring - Point * 12-13 * Male * Beginner
- US-26 PT Sparring - Point * 12-13 * Male * Intermediate
- US-27 PT Sparring - Point * 12-13 * Male * Advanced
- US-28 PT Sparring - Point * 12-13 * Male * Black
- US-29 PT Sparring - Point * 12-13 * Female * Beginner
- US-30 PT Sparring - Point * 12-13 * Female * Intermed
- US-31 PT Sparring - Point * 12-13 * Female * Advanced
- US-32 PT Sparring - Point * 12-13 * Female * Black
- US-33 PT Sparring - Point * 14-15 * Male * Beginner
- US-34 PT Sparring - Point * 14-15 * Male * Intermediate
- US-35 PT Sparring - Point * 14-15 * Male * Advanced
- US-36 PT Sparring - Point * 14-15 * Male * Black
- US-37 PT Sparring - Point * 14-15 * Female * Beginner
- US-38 PT Sparring - Point * 14-15 * Female * Intermed
- US-39 PT Sparring - Point * 14-15 * Female * Advanced
- US-40 PT Sparring - Point * 14-15 * Female * Black
- US-41 PT Sparring - Point * 16-17 * Male * Beginner
- US-42 PT Sparring - Point * 16-17 * Male * Intermediate
- US-43 PT Sparring - Point * 16-17 * Male * Advanced
- US-44 PT Sparring - Point * 16-17 * Male * Black
- US-45 PT Sparring - Point * 16-17 * Female * Beginner
- US-46 PT Sparring - Point * 16-17 * Female * Intermed
- US-47 PT Sparring - Point * 16-17 * Female * Advanced
- US-48 PT Sparring - Point * 16-17 * Female * Black

ADULT SPARRING (NON BLACK)

- US-49 PT Sparring - Point * 18+ * Male * Beginner
- US-50 PT Sparring - Point * 18+ * Male * Intermediate
- US-51 PT Sparring - Point * 18+ * Male * Advanced
- US-52 PT Sparring - Point * 18+ * Female * Beginner
- US-53 PT Sparring - Point * 18+ * Female * Intr / Adv
- US-54 PT Sparring - Point * 35+ * Male * Beginner
- US-55 PT Sparring - Point * 35+ * Male * Intr / Adv
- US-56 PT Sparring - Point * 35+ * Female * Beginner
- US-57 PT Sparring - Point * 35+ * Female * Intr / Adv

ADULT BLACK BELT Creative (HARD/SOFT)

- BC-01 Creative Forms Blk 18 Plus M
- BC-02 Creative Forms Blk 18 Plus F
- BC-03 Creative Forms Blk 35 Plus M
- BC-04 Creative Forms Blk 35 Plus F

ADULT BLACK BELT WEAPONS (HARD/SOFT)

- BCW-01 Weap Creative Blk 18 Plus M
- BCW-02 Weap Creative Blk 18 Plus F
- BCW-03 Weap Creative Blk 35 Plus M
- BCW-04 Weap Creative Blk 35 Plus F

ADULT BLACK BELT TRADITIONAL WEAPONS

(HARD/SOFT)With or Without Music

- BTW-01 Weap Trad Blk 18 Plus M
- BTW-02 Weap Trad Blk 18 Plus F
- BTW-03 Weap Trad Blk 35 Plus M
- BTW-04 Weap Trad Blk 35 Plus F

BLACK BELT CREATIVE FORM (HARD/SOFT)

- BC-1 CR Black Belt Creative Forms * 18+ * Male
- BC-2 CR Black Belt Creative Forms * 18+ * Female
- BC-3 CR Black Belt Creative Forms * 35+ * Male
- BC-4 CR Black Belt Creative Forms * 35+ * Female

BLACK BELT TRADITIONAL FORMS

- BT-01J Trad Japanese Blk 18 Plus M
- BT-01K Trad Korean Blk 18 Plus M
- BT-02J Trad Japanese Blk 18 Plus F
- BT-02K Trad Korean Blk 18 Plus F
- BT-02KP Trad Kenpo Blk 18 Plus M F
- BT-02KC Trad Kung Fu Chinese Blk 18+ M F
- BT-03J Trad Japanese Blk 35 Plus M
- BT-03K Trad Korean Blk 35 Plus M
- BT-04J Trad Japanese Blk 35 Plus F
- BT-04K Trad Korean Blk 35 Plus F
- BT-05J Trad Japanese Blk 45 Plus M F
- BT-05K Trad Korean Blk 45 Plus M F

BLACK BELT POINT SPARRING

- BS-01 Sparring Blk Light (164 -) 18 Plus M
- BS-02 Sparring Blk Middle (165 184) 18 Plus M
- BS-03 Sparring Blk Heavy (185 204) 18 Plus M
- BS-04 Sparring Blk Sup. Heavy (205 +) 18 Plus M
- BS-05 Sparring Blk Feather (144 -) 18 Plus F
- BS-06 Sparring Blk Light (145 +) 18 Plus F
- BS-07 Sparring Blk Light (175 -) 35 PLUS M
- BS-08 Sparring Blk Heavy (176 plus) 35 PLUS M
- BS-09 Sparring Blk feather (144 -) 35 Plus F
- BS-10 Sparring Blk Light (145 -) 35 Plus F
- BS-11 Sparring Blk all weights 50 Plus M
- BS-12 Sparring Blk all weights 60 Plus M

KATA/FORMS RULES:

- A. All competitors will perform their Katas with scores given when all the competitors are finished.
- B. Scoring Range will be from 9.0-9.9 in all Katas/Weapons Divisions
- C. Each judge must choose their top winners from highest to lowest. Example: 9.9 for 1st, 9.8 for 2nd, 9.7 for 3rd and 9.6 for 4th with 9.5 being the median.
- D. All 3 judges must be within the same scoring range. A denomination of (.2) will be applied below the 2nd highest score.
Example: A score of 9.9, 9.8, **9.3**. Since 9.3 is not in the same range of 9.9 and 9.8, the lowest score of 9.3 will now change to **9.6**.
- F. A second chance will be given to Under Belts (Non Black Belts) who forget their form. All Katas, Weapons, Specialty (Musical, Weapons, 2 man) can restart only once. **Only at STATE and WORLD FINALS, there will be "NO" restart.**
- G. Specialty (Musical, Weapons, 2 man) no longer than 2 minutes
- H. Judging students is allowed

TIES

- A. If tied – Run off of same or different kata is acceptable.
- B. If tied again - judges point to winner.

MANDATORY UNIFORMS AND EQUIPMENT:

- A. All uniforms must be of regulation in that particular style or system. (In KATA competition uniform may vary with tournament director's approval)
- B. Must have a clean uniform.
- C. Male competitors will wear groin protector.
- D. No shoes allowed when sparring unless Ring Star approved sparring shoes.
- E. Must wear mouthpiece.
- F. Head, foot and hand gear mandatory.
- G. Must wear elbow pads

II. MATCHES:

- A. 2 judges will be used for Point Sparring per ring.
- B. Instructors cannot judge their students in sparring

III. MATCH LENGTH:

- A. All matches will be two minutes or first to 8 points with a 10 seconds time-out at 1 minute.
- B. Coaching is allowed but yelling profanity, poor sportsmanlike conduct or yelling at a judge will not be tolerated. Judge has the right to disqualify any competitor if these rules are violated.
- C. Coaching: Only one coach is allowed per competitor at the ring to coach their student. No timeouts are allowed with the exception of an injury, which will be called by the head judge. Coaching chair will be added on both side of the ring designated as a "Coaches Box". Coaches must be seating in the coaches chair at all time of the match. Standing is not allowed. A warning will be given, and a one-point penalty awarded to other side by Center Referee for each infraction after warning has been given.
- D. No physical contact from coach and the competitor will be allowed during a match

IV. SCORING:

- A. Punches 1 point.
- B. All Kicks to body 1 point.
- C. All Kicks to head 2 points.
- D. All Spinning/Cartwheel including Jump Spinning Kicks (360. 720) to body 2 point
- E. All Spinning/Cartwheel including Jump Spinning Kicks (360. 720) to head 3 point
- F. Confirmation needed to be awarded a point.
- G. Light contact to the face & medium contact to the body for all ranks.
- H. Hands touching floor is legal but not when body, elbows, buttocks and knees touches floor.

V. ILLEGAL TECHNIQUES:

No joints, no elbow techniques, no back or blind techniques, or throat techniques. No knee, or leg techniques, take downs (only in rings), headbutts, arms, spine, neck, eyes techniques, or kicks to the legs. No Groin or No Ground fighting

VI. PROTESTS:

Only the coach has the right to protest any call BEFORE the match is over.

VII. DISQUALIFICATION:

- A. Excessive contact in all divisions. 1st time warning with 2nd time disqualification
- B. Swelling, discoloration, or drawing blood on head/face or knockout by malicious intent in all ranks will be grounds for disqualification. (no verification)
- C. Unsportsmanlike conduct or any other form of conduct unbecoming to a martial artist.

VIII. OUT OF BOUNDS:

- A. 1 penalty point for running around or running out of bounds.
- B. 1 penalty point for both feet over the tape or matted area is out of bounds.

X. FOUL:

- A. Confirmed foul called on an opponent will result in a point awarded to person receiving foul.
- B. Verification needed on fouls.

All Competitors are responsible to have Birth Certificates if a protest arises.

TKO/WKL STICK COMBAT INVITATIONAL ESKRIMA – KALI – ARNIS TOURNAMENT

All Sport Karate, Eskrimadors and Filipino Martial Arts enthusiasts around the Texas area, you are formally invited to an open event that brings all practitioners of Filipino Martial Arts under one roof. It doesn't matter what style or system you practice, you are invited to join us for one day of stick combat competition. This is a TKO State Qualifier and WKL World Qualifier and all winners 1st-3rd place

SINGLE STICK COMBAT RULES

Must use one hand to strike

Required Gear -

We will provide gear unless you have your own. Other similar eskrima sticks must be checked by the official for approval. Action Flex eskrima sticks, headgear and gloves from Century. (NO Wood Eskrimas allowed). Actionflex eskrima stick will be the official gear. Sizes are 28 inches for teens/adults and 24 for the kids 11 & under.

Legal Targets -

The entire body with the exception of the groin, stab to the eyes, and any neck area not covered by the headgear.

Points

*10 points or 2 minute rounds

*Max of 3 points at any one time.

*1 point for strike to legal target area

*2 points for a strike to the head.

*A combination strike technique (body & head strike consecutive), the higher scoring strike will be counted.

*Add one point for any successful jumping technique

*1 point for strike to the hand only if the opponents is disarmed as well as dropped weapon penalty. So a total of 2 points awarded. (No point for strike to the hand and not disarmed)

Dropped Weapons

1 point awarded to competitor if opponent drops the weapon. Procedure: confirm drop, award point for drop, then call for points if necessary. "Drop penalty" is in effect from bow in to bow out. A scoring strike is worth 0 points if the weapon is dropped during their strike.

Contact:

Strikes must be effective and under control. They need to be solid hits, no blind strikes. NO Ground Fighting but with the exception of One knee/hands on ground is allowed.

Warnings and Penalties

Excessive/illegal Techniques include takedowns, kicking, or punching, throwing or grabbing, or stabbing with handle. Checking with live hand (weapon less hand) is legal. For safety concerns, competitors may go to one knee during technique, but not both (no splits). (This is so that someone can get back up quickly. Live hand should not touch the floor.



DIVISION CODE AGE AND WEIGHT

SC-01	Stick	All ranks	9 under	M F	50 minus
SC-02	Stick	All ranks	9 under	M F	51 to 60
SC-03	Stick	All ranks	9 under	M F	61 to 70
SC-04	Stick	All ranks	9 under	M F	71 to 80
SC-05	Stick	All ranks	9 under	M F	81 Plus
SC-06	Stick	All ranks	10 to 17	M	95 minus
SC-07	Stick	All ranks	10 to 17	M	96 to 110
SC-08	Stick	All ranks	10 to 17	M	112 to 125
SC-09	Stick	All ranks	10 to 17	M	126 to 140
SC-10	Stick	All ranks	10 to 17	M	141 to 165
SC-11	Stick	All ranks	10 to 17	M	166 Plus
SC-12	Stick	All ranks	10 to 17	F	95 minus
SC-13	Stick	All ranks	10 to 17	F	96 to 110
SC-14	Stick	All ranks	10 to 17	F	112 to 125
SC-15	Stick	All ranks	10 to 17	F	126 to 140
SC-16	Stick	All ranks	10 to 17	F	141 PLUS
SC-17	Stick	All ranks	18 Plus	M	185 Minus
SC-18	Stick	All ranks	18 Plus	M	186 Plus
SC-19	Stick	All ranks	18 Plus	F	All wieghts
SC-20	Stick	All ranks	35 Plus	M	All wieghts



Breaking Competition



All divisions will be awarded 1st-3rd place.

Code FIRST TIME BREAKERS (Demo)

FTB—This is for any competitor that has not done breaking and would like to try it. Learn how to break in competition or help a seasoned competitor get warm up for the tournament.. (Only \$20 to enter)

Code BREAKING DIVISIONS

PB 00 7 & Under Power Wood Elbow
 PB 01 7 & Under Power Wood Foot
 PB 02 7 & under Power Wood Hand
 PB 03 8-12 Power Wood Hand
 PB 04 8-12 Power Wood Foot
 PB 05 8-12 Power Wood Elbow
 PB 06 13-17 Power Wood Hand
 PB 07 13-17 Power Wood Foot
 PB 08 13-17 Power Wood Elbow

Code BLACK BELT Boys -17

PB 09 Power Wood Hand
 PB 10 Power Wood Foot
 PB 11 Power Wood Elbow

Code BLACK BELT Girls - 17

PB 12 Power Wood Hand
 PB 13 Power Wood Foot
 PB 14 Power Wood Elbow

Code ADULT MEN 18 +

PB 15 Power Wood Hand
 PB 16 Power Wood Foot
 PB 17 Power Wood Elbow
 PC 01 Power Concrete Hand
 PC 02 Power Concrete Foot
 PC 03 Power Concrete Elbow

Code ADULT WOMEN 18 +

PB 19 Power Wood Hand
 PB 20 Power Wood Foot
 PB 21 Power Wood Elbow
 PC 04 Power Concrete Hand
 PC 05 Power Concrete Foot
 PC 06 Power Concrete Elbow

Code BLACK BELT Men 18 +

PB 22 Power Wood Hand
 PB 23 Power Wood Foot
 PB 24 Power Wood Elbow
 PC 07 Power Concrete Hand
 PC 08 Power Concrete Foot
 PC 09 Power Concrete Elbow

Code BLACK BELT Women 18 +

PB 25 Power Wood Hand
 PB 26 Power Wood Foot
 PB 27 Power Wood Elbow
 PC 10 Power Concrete Hand
 PC 11 Power Concrete Foot
 PC 12 Power Concrete Elbow

Code CREATIVE OPEN

CO 01 17 Under Belts (m/f)
 CO 02 17 Under Black Belts (m/f)
 CO 03 18+ Under Belts (m/f)
 CO 04 18+ BLACK BELT (m/f)

All Power Breaking Divisions Must Order Boards and Concrete by the Pre-Registered deadline. Creative Open Divisions Must Bring All Breaking Materials, Including Tarp. Tarps, broom, dust pan are required for clean up. Beautiful Awards for all 1st-3rd place.

Tournament Registration Fees

REGISTRATION INFORMATION	Early Bird Register Early	Pre-Registration	Registration
Breaking Division Per Event	\$45 additional \$25	\$55 additional \$30	\$65 Additional \$35
Concrete or Boards \$5.00 each. *Must buy from tournament. Please order early.	___ Boards X \$5.00 = ___	___ Concrete X \$5.00 = ___	___ Concrete X \$5.00 = ___

TKO/WKL Continuous Sparring (Muay Thai Style)

TKO Continuous Sparring (Stand Up only) Rules

(Complete Rules go to www.TKOLeague.com)

Definition:

Light Contact Fighting in a Continuous Manner. Under no circumstances should light contact continuous fighting simulate full contact kickboxing. Utilizing well-controlled techniques, ring craftsmanship and combination skills, competitors should attempt to “outscore” rather than “overpower” their opponent.

Competitors will fight continuously until the referee’s command to “STOP/BREAK”. Techniques should not “strike through” or “push through” the target. Striking with excessive contact, or uncontrolled striking of any kind will lead to disqualification. Emphasis must be placed on both punching and kicking techniques. Punching or “boxing” only to body or leg (Above the knee), for an extended period of time without throwing kicks will downgrade the judge’s evaluation of your performance.

Each match is carried out with running time. The referee and judges will evaluate the relative effectiveness of each fighter based on the number, quality and variety of scoring strikes, defense and conditioning. Rules violations (whether penalized by the referee or not) will downgrade the judges evaluation of the offending fighter. The three officials will determine the winner of each match by majority decision.

Equipment Needed:

- Adult divisions: mouth-guard, Head Gear, 10oz gloves or larger, groin protection, shin/instep guards.
- Teen & Junior divisions: mouth-guard, Head Gear, 10oz gloves or larger, groin protection, shin/instep guards.
- Shorts or pants and school tshirt/rash guard or Martial Arts Uniform must be worn.



Weigh-in time: All competitors must weigh at scheduled time. If a competitor missed the weigh-in time, weigh-in will take place at the time when the competitor is called to compete.

Time and Rounds

- Two (2) - Two (1) minute rounds with a 30 second break. If both Fighter wins each round, a 3rd round of 30 second is needed. Head judge will only judge 3rd round to insure no ties.

PLEASE NOTE - Due to point tabulations and rankings for the 2020 State Finals, all divisions are set, and a competitor cannot be moved to another division. Only splitting a division is allowed when a competitor is out of their age of at least two (2) years. If there is no one in your division, you will win by default, and an exhibition match will be offered.

DIVISION CODE, AGE, GENDER AND WEIGHT

CS-01	Cont Spar Super Fly	9 under M	9 & Under	55 Minus
CS-02	Cont Spar Fly	9 under M	9 & Under	56 to 65
CS-03	Cont Spar Bantam	9 under M	9 & Under	66 to 75
CS-04	Cont Spar Feather	9 under M	9 & Under	76 to 85
CS-05	Cont Spar Light	9 under M	9 & Under	86 to 95
CS-06	Cont Spar Welter	9 under M	9 & Under	96 Plus
CS-07	Cont Spar Bantam	10 to 13 M	10 to 13	85 minus
CS-08	Cont Spar Feather	10 to 13 M	10 to 13	86 to 95
CS-09	Cont Spar Light	10 to 13 M	10 to 13	96 to 105
CS-10	Cont Spar Welter	10 to 13 M	10 to 13	106 to 115
CS-11	Cont Spar Lt Mid	10 to 13 M	10 to 13	116 to 125
CS-12	Cont Spar Middle	10 to 13 M	10 to 13	126 to 135
CS-13	Cont Spar Lt Hvy	10 to 13 M	10 to 13	136 to 145
CS-14	Cont Spar Heavy	10 to 13 M	10 to 13	146 plus
CS-15	Cont Spar Light	14 to 17 M	14 to 17	125 minus
CS-16	Cont Spar Welter	14 to 17 M	14 to 17	126 to 135
CS-17	Cont Spar Lt Mid	14 to 17 M	14 to 17	136 to 145
CS-18	Cont Spar Middle	14 to 17 M	14 to 17	146 to 155
CS-19	Cont Spar Lt Hvy	14 to 17 M	14 to 17	156 to 165
CS-20	Cont Spar Heavy	14 to 17 M	14 to 17	166 to 175
CS-21	Cont Spar Crusier	14 to 17 M	14 to 17	176 to 185
CS-22	Cont Spar Sur Hvy	14 to 17 M	14 to 17	186 Plus
CS-23	Cont Spar Super Fly	9 under F	9 & Under	55 Minus
CS-24	Cont Spar Fly	9 under F	9 & Under	56 to 65
CS-25	Cont Spar Bantam	9 under F	9 & Under	66 to 75
CS-26	Cont Spar Feather	9 under F	9 & Under	76 to 85
CS-27	Cont Spar Light	9 under F	9 & Under	86 to 95
CS-28	Cont Spar Welter	9 under F	9 & Under	96 Plus

DIVISION CODE, AGE, GENDER AND WEIGHT

CS-29	Cont Spar Fly	10 to 13 F	10 to 13	75 minus
CS-30	Cont Spar Bantam	10 to 13 F	10 to 13	76 to 85
CS-31	Cont Spar Feather	10 to 13 F	10 to 13	86 to 95
CS-32	Cont Spar Light	10 to 13 F	10 to 13	96 to 105
CS-33	Cont Spar Welter	10 to 13 F	10 to 13	106 to 115
CS-34	Cont Spar Lt Mid	10 to 13 F	10 to 13	116 to 125
CS-35	Cont Spar Middle	10 to 13 F	10 to 13	126 to 135
CS-36	Cont Spar Lt Hvy	10 to 13 F	10 to 13	136 Plus
CS-37	Cont Spar Light	14 to 17 F	14 to 17	105 minus
CS-38	Cont Spar Welter	14 to 17 F	14 to 17	106 to 115
CS-39	Cont Spar Lt Mid	14 to 17 F	14 to 17	116 to 125
CS-40	Cont Spar Welter	14 to 17 F	14 to 17	126 to 135
CS-41	Cont Spar Lt Hvy	14 to 17 F	14 to 17	136 to 145
CS-42	Cont Spar Heavy	14 to 17 F	14 to 17	146 to 155
CS-43	Cont Spar Crusier	14 to 17 F	14 to 17	156 to 165
CS-44	Cont Spar Sur Hvy	14 to 17 F	14 to 17	165 plus
CS-50	Cont Spar Light	18 Plus M	18 Plus	175 & UNDER
CS-51	Cont Spar Middle	18 Plus M	18 Plus	175 TO 190
CS-52	Cont Spar Heavy	18 Plus M	18 Plus	190 PLUS
CS-53	Cont Spar Light	35 Plus M	35 Plus	175 & UNDER
CS-54	Cont Spar Middle	35 Plus M	35 Plus	175 TO 190
CS-55	Cont Spar Heavy	35 Plus M	35 Plus	190 PLUS
CS-56	Cont Spar Light	18 Plus F	18 Plus	135 minus
CS-57	Cont Spar Middle	18 Plus F	18 Plus	135 to 150
CS-58	Cont Spar Lt Hvy	18 Plus F	18 Plus	151 plus
CS-59	Cont Spar Light	35 Plus F	35 Plus	135 minus
CS-60	Cont Spar Middle	35 Plus F	35 Plus	135 to 150
CS-61	Cont Spar Lt Hvy	35 Plus F	35 Plus	151 plus

TNT GRAPPLING

GI - I.B.J.J.F. (INTERNATIONAL BRAZILIAN JIU JITSU FEDERATION) RULES AND DIVISIONS

The typical tournament is divided up into matches between the same belt ranks and weight classes within the belt ranks. The progressive ranks in BJJ are white, yellow, orange, green, blue (after 16), purple, brown and finally black belt.

Skill Levels:

Kids Ages 4 - 11 (male & female)

Novice 0 - 1 year Experience 1+ year of experience (Blue and Above)

Juniors Ages 12 - 17 (male & female)

Novice 0 - 1 year Experience 1+ year of experience (Blue and Above)

Adults, Masters, & Seniors (male & female)

Novice 0 - 1 year experience. Experience 1+ year experience and up (Blue and Above) Advance 3 years and up



The match begins with competitors standing up on padded mats wearing gi. Competitors attempt to perform a takedown throws, foot sweeps, tackles, or alternatively, pulling the opponent to "guard". Once on the ground, they grapple but are allowed to stand up at any time.

1. We reserve the right to either subdivide or combine divisions, weight classes, or age classes the day of the event depending on the turnout.
2. Each Competitor will be allowed to register in ONE DIVISION ONLY.
3. All competitors must weigh-in with the GI ON. There is NO weight allowance at weigh-ins.
4. Each competitor must submit an on-line registration form, sign the electronic waiver, and pay the entry fee.
5. No advantages will be given. If the match is tied at the end of regulation the referee will decide the winner based on who showed the most aggressiveness during the match.
6. All competitors must wear a Gi with a standard collar size and thickness.
7. All competitors must wear a CLEAN and a SOLID colored Brazilian Jiu-Jitsu Gi (Kimono), either ALL WHITE, ALL BLUE, or ALL BLACK in color. Women may also wear ALL PINK. No mixing of colors. Example; white pants and blue top or blue pants and white top, etc... will NOT be allowed. Competitors will compete with regulation GIs only. A regulation GI is four fingers cuff clearance and sleeves are to be no shorter than 4" from wrist between wrist and sleeve of GI.
8. All male competitors are not allowed to wear clothing underneath the GI such as T-Shirts, Rash Guard, Sweatpants, etc. Also, wrestling shoes are NOT allowed. All competitors must wear underwear.
9. We will do our best to pair up Kids according to weight and age no more than 2 years apart. For example ages groups may be (6 & 7) (8 & 9) (10 & 11) (12 & 13) (14 & 15). We will do our best to not mix girl and boy competitors, but it may be necessary. Kids need to be registered according to Brazilian Jiu-Jitsu Belt rankings (White, Grey, Yellow, Orange, Green). Karate or Tae Kwon Do belt rankings may be the same color, but are not equivalent to the skill level as jiu-jitsu. Consult your Jiu-Jitsu instructor before registering your child to avoid your child being entered into the wrong division.
10. We reserve the right to refuse service.

GI - BRAZILIAN JIU JITSU

Weight Classes for "KIDS" (Male & Female).

Age Category "4 - 11 years old"

"Novice" or "Experience"

(If there are 2 or more GIRLS in a division, we will create a separate division for the girls).

GN (Novice) GE (Experience)

GN1 / GE1 - 50 lbs & under
 GN2 / GE2 - 50.1 to 60 lbs
 GN3 / GE3 - 60.1 to 70 lbs
 GN4 / GE4 - 70.1 to 80 lbs
 GN5 / GE5 - 80.1 to 90 lbs
 GN6 / GE6 - 90.1 to 100 lbs
 GN7 / GE7 - 100.1 to 110 lbs
 GN8 / GE8 - 110.1 to 120 lbs
 GN9 / GE9 - 120.1 to 130 lbs
 GN10 / GE10 - 130.1 to 140 lbs
 GN11 / GE11 - 140.1 to 150 lbs
 GN12 / GE12 - 150.1 to 160 lbs
 GN13 / GE13 - 160.1 to 170 lbs
 GN14 / GE14 - 170.1 to 180 lbs
 GN15 / GE15 - 180.1 lbs & over

Weight Classes for "TEENS" (Male & Female).

"12 and 17 years old" "Novice" or "Experience"

(If there are 2 or more GIRLS in a division, we will create a separate division for the girls).

GTN (Novice) GTE (Experience)

GTN1 / GTE1 - 88 lbs. & under
 GTN2 / GTE2 - 88.1 - 102 lbs.

GTN3 / GTE3 - 102.1 - 116 lbs.
 GTN4 / GTE4 - 116.1 - 127 lbs.
 GTN5 / GTE5 - 127.1 - 141 lbs.
 GTN6 / GTE6 - 141.1 - 154 lbs.
 GTN7 / GTE7 - 154.1 - 167 lbs.
 GTN8 / GTE8 - 167.1 - 181 lbs.
 GTN9 / GTE9 - 181.1 - 194 lbs.
 GTN10 / GTE10 - 194.1 - 208 lbs.
 GTN11 / GTE11 - 208.1 lbs. & Over

WOMEN Weight Classes for "Adults".

"18+ years" "Novice", "Experience", "Advance"

GWN (Novice), GWE (Experience), GWA (Advance)

GWN1 / GWE1 / GWA1 - 120 lbs. & under
 GWN2 / GWE2 / GWA2 - 120.1 - 135 lbs.
 GWN3 / GWE3 / GWA3 - 135.1 - 150 lbs.
 GWN4 / GWE4 / GWA4 - 150.1 - 170 lbs.
 GWN5 / GWE5 / GWA5 - 170.1 & up

WOMEN Weight Classes for "Masters"

"35+ years" "Novice", "Experience", "Advance"

GWMN (Novice), GWME (Experience), GWMA (Advance)

GWMN1 / GWME1 / GWMA1 - 120 lbs. & under
 GWMN2 / GWME2 / GWMA2 - 120.1 - 135 lbs.
 GWMN3 / GWME3 / GWMA3 - 135.1 - 150 lbs.
 GWMN4 / GWME4 / GWMA4 - 150.1 - 170 lbs.
 GWMN5 / GWME5 / GWMA5 - 170.1 & up

MEN Weight Classes for "Masters".

"35+ years" "Novice", "Experience", "Advance"

GMMN (Novice), GMME (Experience), GMMA (Advance)

GMMN1 / GMME1 / GMMA1 - 160 lbs. & under
 GMMN2 / GMME2 / GMMA2 - 160.1 - 180 lbs.
 GMMN3 / GMME3 / GMMA3 - 180.1 - 200 lbs.
 GMMN4 / GMME4 / GMMA4 - 200.1 lbs. & Over

MEN Weight Classes for "Adults".

"18+ years" "Novice", "Experience", "Advance"

GMN (Novice), GME (Experience), GMA (Advance)

GMN1 / GME1 / GMA1 - 130 lbs. & under
 GMN2 / GME2 / GMA2 - 130.1 - 150 lbs.
 GMN3 / GME3 / GMA3 - 150.1 - 170 lbs.
 GMN4 / GME4 / GMA4 - 170.1 - 185 lbs.
 GMN5 / GME5 / GMA5 - 185.1 - 200 lbs.
 GMN6 / GME6 / GMA6 - 200.1 - 220 lbs.
 GMN7 / GME7 / GMA7 - 220.1 lbs. & Over



SPORT MMA DIVISIONS AND INFORMATION

(For complete rules go to www.TNTGrapppling.com to download complete rules)

DESCRIPTION: Think of it as the equivalent of light contact version of MMA. A division were competitors can compete against each other utilizing most of the regular techniques associated with MMA including strikes, shoots, grappling and submissions. Only semi or light contact is allowed at all times at both stand up and ground positions.

Basically two competitors start from stand up position as is the case in semi & light contact, utilize their striking (stand up skills) to close the gap and create opportunity for a shoot or take down. Once on the ground the grappling comes into play together with semi/light contact striking. There are strict rules pertaining to Legal and illegal techniques in strikes, grappling/Jiu-jitsu and submissions. The ultimate will always be to obtain a submission over your opponent.

EXPLAINING THE BEST OF THREE SUBMISSION RULE

If fighter "A" obtains a submission over fighter "B", it is recorded on the score sheet and the fight gets restarted from center stand up position. Fighter "B" must now obtain a submission over fighter "A" in order to level the field. Herein begins the chess game of SPORT MMA. Regardless of how good the rest of the fight is from fighter "B", even if he is the superior technical competitor, gains more points for striking or outclasses fighter "A" for the duration of the bout, fighter "A" will win the match should fighter "B" not obtain a submission over fighter "A". Two submissions over any fighter ends the bout immediately!

The final outcome of the fight is decided by (1) if there is a leader by submission (2) if there is no leader by submission the bout is decided by show of hand according to whom the Official see to be the superior fighter.



Sport MMA Division Code

Skill Levels:

Kids Ages 4 - 11 (male & female)

Juniors Ages 12 - 17 (male & female)

Adults, Masters, & Seniors (male & female)

Weight Classes for "KIDS" (Male).

"4 -11 years old"

SM-1 - 50 lbs & under
SM-2 - 50.1 to 60 lbs
SM-3 - 60.1 to 70 lbs
SM-4 - 70.1 to 80 lbs
SM-5 - 80.1 to 90 lbs
SM-6 - 90.1 to 100 lbs
SM-7 - 100.1 to 110 lbs
SM-8 - 110.1 to 120 lbs
SM-9 - 120.1 to 130 lbs
SM-10 - 130.1 to 140 lbs
SM-11 - 140.1 to 150 lbs
SM-12 - 150.1 to 160 lbs
SM-13 - 160.1 to 170 lbs
SM-14 - 170.1 to 180 lbs
SM-15 - 180.1 lbs & over

Weight Classes for "KIDS" (Female).

"4 -11 years old"

SMF-1 - 50 lbs & under
SMF-2 - 50.1 to 60 lbs



SMF-3 - 60.1 to 70 lbs
SMF-4 - 70.1 to 80 lbs
SMF-5 - 80.1 to 90 lbs
SMF-6 - 90.1 to 100 lbs
SMF-7 - 100.1 to 110 lbs
SMF-8 - 110.1 to 120 lbs
SMF-9 - 120.1 to 130 lbs
SMF-10 - 130.1 to 140 lbs
SMF-11 - 140.1 to 150 lbs
SMF-12 - 150.1 to 160 lbs
SMF-13 - 160.1 to 170 lbs
SMF-14 - 170.1 to 180 lbs
SMF-15 - 180.1 lbs & over

Weight Classes for "TEENS" (Male)

"12 and 17 years old"

SMT1 - 88 lbs. & under
SMT2 - 88.1 - 102 lbs.
SMT3 - 102.1 - 116 lbs.
SMT4 - 116.1 - 127 lbs.
SMT5 - 127.1 - 141 lbs.
SMT6 - 141.1 - 154 lbs.
SMT7 - 154.1 - 167 lbs.
SMT8 - 167.1 - 181 lbs.
SMT9 - 181.1 - 194 lbs.
SMT10 - 194.1 - 208 lbs.
SMT11 - 208.1 lbs. & Over

Weight Classes for "TEENS" (Female)

"12 and 17 years old"

SMTF1 - 88 lbs. & under
SMTF2 - 88.1 - 102 lbs.
SMTF3 - 102.1 - 116 lbs.
SMTF4 - 116.1 - 127 lbs.
SMTF5 - 127.1 - 141 lbs.
SMTF6 - 141.1 - 154 lbs.
SMTF7 - 154.1 - 167 lbs.
SMTF8 - 167.1 - 181 lbs.
SMTF9 - 181.1 - 194 lbs.
SMTF10 - 194.1 - 208 lbs.
SMTF11 - 208.1 lbs & Over

WOMEN Weight Classes for "Adults".

"18+ years"

SMW1 - Women's Lightweight: (135 lbs. & Under)
SMW2 - Women's Middleweight: (135.1 - 150 lbs.)
SMW3 - Women's Light Heavyweight: (150.1 lbs. & Above)

WOMEN Weight Classes for "Masters"

"35+ years"

SMWM1 - Women's Lightweight: (135 lbs. and under)
SMWM2 - Women's Middleweight: (135.1 - 150 lbs.)
SMWM3 - Women's Light Heavyweight: (150.1 lbs. & Above)

MEN Weight Classes for "Adults".

"18 + years"

SMM1 - Men's Lightweight: (175 lbs. and under)
SMM2 - Men's Middleweight: (175.1 - 190 lbs.)
SMM3 - Men's Heavyweight: (190.1 lbs. & Above)

MEN Weight Classes for "Masters".

"35+ years"

SMMM1 - Men's Lightweight: (175 lbs. and under)
SMMM2 - Men's Middleweight: (175.1 - 190 lbs.)
SMMM3 - Men's Heavyweight: (190.1 lbs. & Above)

SAFETY EQUIPMENT ALLOWED:

- Combined foot & shin protectors only.
- Gloves must be MMA approved open finger gloves
- Mouth guard and groin protector are mandatory.

